

Pranayama Chart. The Aids of Pranayama.

THE EIGHTS PRANAYAMAS		(6)	(7)	(8)	
<p>Ujjayi. <i>Inspiration:</i> through both the nostrils Ida & Pingala with sound. <i>Retention:</i> 1; 3; 2. <i>Expiration:</i> through the left nostril or <i>Ida</i>. <i>Benefits:</i> 1. Purifies brain cells. 2. Destroys Vata Dosh, Improves digestion (Jatharagni) To be done in cold season.</p>	<p>Sitkaru. <i>Inspiration:</i> With tongue between the lips. <i>Retention:</i> as usual. <i>Expiration:</i> through both the nostrils. <i>Benefits:</i> 1. Satisfies hunger. 2. Quenches thirst. 3. Conquers sleep. 4. Destroys lethargy. To be done in hot season.</p>	<p>Sitali. <i>Inspiration:</i> With tongue protruding out like a tube outside the lips. <i>Retention:</i> as usual. <i>Expiration:</i> through both the nostrils. <i>Benefits:</i> 1. Satisfies hunger. 2. Quenches thirst. 3. Kills desires. To be done in hot season.</p>	<p>Bhramari. <i>Inspiration:</i> through both nostrils with the sound of a male <i>Bhramari</i>. <i>Retention:</i> Usual. <i>Expiration:</i> through both nostrils with the sound of a female <i>Bhramari</i>.</p>	<p>Moorcha. <i>Inspiration:</i> both nostrils. <i>Retention:</i> With <i>Jalandhara Bandha</i> or chest and chin lock of the throat. <i>Expiration:</i> slowly with pauses.</p>	<p>Plavani. <i>Inspiration:</i> Deep with both taking in air as to fill the abdomen also protruding the abdominal wall. <i>Retention:</i> Usual. <i>Expiration:</i> Usual. Through both the nostrils. This is diaphragmatic breathing. Prescribed elsewhere.</p>
<p>Rechaka (Rechaka). Normal or <i>Kavala</i> or absolute to be done, without either expiration or <i>Inspiration</i>.</p>	<p>Pre-inspiration (Puraka purvaka). Sahita with air or without.</p>	<p>Rechaka purvaka.</p>	<p>Kumbhaka.</p>	<p>Pre-inspiration (Puraka purvaka).</p>	

including the toes with two or repeat this,

every pose, our fingers, feet, palms of the head perpendicular. Keep hard settle humna.

Eternal

as taught as risles

perhaps atrocious properly resulting

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